runtastic®
makes sports funtastic

GPS Watch with Heart Rate Measurement

Operating instructions

Edition 04/2013

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1 Intro

The GPS Watch with Heart Rate Monitor works together with the heart rate chest strap to measure and record your heart rate. It has built-in GPS to track your route and speed during workouts. The watch is also equipped with a compass and can mark points along your route ("waypoints") to help you find your way back to the beginning of your path or let you know how long it will take to reach a particular point on the path.

The The GPS-watch, RUNGPS1 is equipped with a navigation system that can determine user's location by connecting to a GPS satellite network.

- The included GPS uses the American GPS satellite network. It can measure distance, speed, altitude gain/loss, and can determine GPS location. It is designed for sports types like jogging, cycling, camping, sailing, skiing etc.
- The GPS-watch is not fit for an exigent use in sky diving, gliding.
- The RUNGPS1 is designed for private purposes and it is not made for commercial use.
- The GPS-watch can also be used to display heart rate for the purpose of training and is not intended for use as a medical device.

Any use other than the ones described in the operating instructions is not allowed, and may lead to deterioration, or injuries. No responsibility is taken for the damages that result from the improper use of the GPS watch. Further instructions and clarifications can be found here in the operating instructions.
All the indicated data are only nominal data. The right to technical modifications is preserved.

2 Please Read Safety and Watch Care Notes Before Use

2.1 Safety Instructions

Please read this chapter carefully and follow all the specified indications. This way you ensure the adequate functioning and a long period of operation for your GPS-watch.

Keep the wrapping and operating instructions well, so that, in case of alienation, you can hand them on to the new owner.

- For safety reasons, do not operate the GPS-watch while driving a car. Stop or let a co-passenger carry on the settings. It is dangerous not to watch the street and it may lead to an accident, in which you or someone else could get hurt.
- Do not open the case of the GPS-watch or the chest strap; it does not include parts that must be maintained (excepting the opening of the strap part with the battery, for replacing the battery, see point 9.2 “Replacement of the battery of chest strap”).
- Do not place any object on the GPS-watch and do not put any pressure on the display or the display may break.
- Do not touch the screen with sharp objects, in order to avoid damaging.
- The use of this product depends on satellites, as many of the GPS products, satellites that are operated by the American government. If modifications at the level of the satellite network take place, this may influence the execution and accuracy of this GPS-watch.

Risks for children and individuals requiring assistance

- This device is not intended for use by individuals (including children) with limited physical, sensorial or emotional capacities or limited experience and / or knowledge unless they are supervised by an individual responsible for their safety or receive instructions from the latter as to how the device should be used. Children should be supervised in order to ensure that they do not play with the device.

Important: Always consult your doctor, before starting a regular training program. The RUNGPS1 watch is not a medical device; it is a helping training gadget for the measurement and display of your cardiac frequency.
Wearers of cardiac pacemakers may use devices for cardiac frequency measurement only after consulting with their doctor.

Note: The chest strap may contain latex elements. Individuals with allergies or sensitivity to latex may experience skin irritations and redness. While this is rare, stop using the chest strap if any redness appears, and contact a skin specialist (dermatologist).

2.2 Repair

Do not attempt to repair the watch or strap. If technical problems occur, see the enclosed warranty information and contact our service center.

2.3 Water Resistance

The RUNGPS1 watch has 3-bar water resistance. The table below shows which activities and conditions the watch can withstand. Data are based on a verification of aquatic impermeability according to DIN 8310.

Rain, Splash	Car wash	Shower	Bath, pool	Nautical sports
Yes,	Yes, do not flood the watch in water	No	No	No

Dry the watch thoroughly before touching any button as water can enter the case through the buttons, damaging the watch. Always use a wet rag to remove residue if the watch is splashed with salt water or mineral water from hot springs. Residue on the watch can lead to corrosion of the metallic elements.

Water resistance cannot be guaranteed when moving from one temperature extreme to another(e.g., from sauna to the swimming-pool, or from the beach to cold sea). The temperature difference may cause condensation water to form inside the watch and damage the electronics and mechanism.

The chest strap is water resistant against water splatter.

The following applies:

Rain, Splatter	Car wash	Shower	Bath, pool	Nautical sports
Yes,	No	No	No	No

2.4 Shock-resistance

The GPS-watch can withstand athletic shaking and vibration as well as bumps that may occur during normal wrist wear.

2.5 Avoid from Magnetic Fields

Do not wear the watch near powerful magnetic fields (e.g. transformers) as they can alter the watch's ability to accurately track time and location and lead to deterioration of the watch.

2.6 Operating Temperature Range

The GPS-watch can be operated in a temperature range from 32 °F to 122 ° F, and stored at 14 °F up to 140 °C. Avoid high temperatures (e.g. in stopped vehicles or under direct sun influence) and sustained humidity.

NOTE:
Display problems at 14° F up to 32° C are usually due to the cold temperature and are not a malfunction of the GPS-watch. The electro-chemical processes of the batteries and watch accumulator are strongly influenced by environmental temperature. The lower the temperature, the more powerfully the processes are influenced during discharge. That is why you should note that at temperatures below freezing, the battery may "freeze" which could lead to reduced battery life.

2.7 Battery Care

Your GPS-watch operates on a permanent lithium-polymer battery. The chest strap operates on a lithium battery 3V CR2032.

- Do not remove the GPS watch battery.
- Do not expose the GPS watch to direct heat sources, or high temperature environments, e.g. direct exposure to sunlight in a vehicle.
- Do not perforate or burn the GPS-watch.

- Charge the battery of the GPS watch only with a USB cable delivered together with it. If the battery is charged otherwise, this can lead to overheating, explosion or fire.
- Do not charge the battery of the GPS watch near heat sources or in a car, under direct sunlight. Powerful temperature leads to the destruction of the battery and may lead to overheating, explosion or fire.

The inobservance of these indications may lead to the shortage of the service life of the inserted battery or to the damaging of the GPS watch.

Further you will find some indications regarding the manipulation of batteries:

- Only replace a battery in the chest strap with a CR2032 or similar type of battery.
- Batteries must not be charged or re-activated by other means; do not attempt to open or disassemble battery. Do not throw in fire or attempt to short-circuit battery.
- Keep batteries out of reach of children. Keep the batteries and chest strap out of reach of small children. If a battery is swallowed, seek immediate medical attention.
- Never expose batteries to high heat such as direct sun, fire or other heat source. There is a danger of leakage. The inobservance of these indications may lead to the deterioration and, under certain circumstances, to the explosion of the battery.
- Immediately take out dead battery from the chest strap to avoid leakage. Avoid contact of battery acid with skin, eyes and mucosa. In case of accidental Wash immediately the parts affected by the acid of the battery with a lot of water and require immediately medical help. If need be, clean the

contacts of the battery and the contacts from the device. Keep operating instructions for consulting the information on batteries.

- Ignoring these instructions can lead to the deterioration of the battery and in extreme cases can cause the battery to explode.

Information regarding the replacement of the battery of chest strap can also be found at point 9.2 "Replacement of the battery of chest strap."

2.8 Disposal

Please discard batteries appropriately. Batteries are special waste. For the correct disposal of the batteries, there are special containers in the shops where batteries are sold, and in other hazardous waste disposal receptacles. If you want to throw the GPS watch and its accessories away, eliminate them in conformity with current dispositions.
Information will be received in communal places.

KRIPPL-WATCHES
Warenhandels GmbH
Maria-Theresia-Straße 41
4600 Wels, Austria

Eliminate the wrapping of the GPS watch in conformity with current dispositions. Information will be received in communal places.

2.9 Maintenance

The GPS watch and chest strap do not require maintenance. However, we recommend cleaning the sensor surfaces of the chest strap after each use.

2.10 Cleaning the Watch Exterior

- If problems occur when charging the GPS watch, check the contact pins on the back of the watch. If they have become soiled with sweat deposits and skin scales, clean them with a sharp metallic object (e.g. tweezers) or a cotton swab moistened with rubbing alcohol
- Clean the GPS watch and chest strap only with a soft, moist towel without naps.
- Do not use diluents, corrosive cleaning agent or gas.
- Be careful not to leave water drops on the display of the GPS watch. Water may cause permanent stains.
- Do not expose the display to direct sunlight for extended periods of time. Also avoid direct ultraviolet beams.

3 How to Use This Manual

The manual has been organized by first steps, then by features and modes. For further questions or support, email service@runtastic.com.

3.1 Getting to know your watch

3.1.1 What's in the box

1 GPS watch (Art.-Nr. RUNGPS1, Type: D02I280)
including integrated lithium-polymer battery

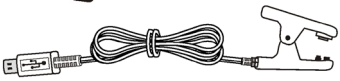
1 chest strap
(formed by sensors and elastic strap)
(Art.-Nr. RUNGPS1, Type: T00018D)
incl. lithium battery (3V, CR2032)

CE 1313

Sensor:

Elastic strap:

1 USB cable



1 bike support
incl. 2 cable clamps and 1 installing plate

1 Quick Start User Manual

3.1.2 Watch Buttons

"LIGHT" button illuminates display

"St./Stp." Starts/Stops Workout Navigates UP in menus

"View" Toggles through views in watch mode, workout mode, and navigation mode.Long press turns on Heart Rate monitor or GPS.Selects item in Menu/Settings

"MODE"-button— Switches watch modes, Long press opens Menu/Settings, While in Menu, press to return to previous menu

"Lap/Reset" Press to manually mark a lap in workout or navigation mode. Navigates DOWN in Menu/Settings.

GPS antenna: For the best GPS reception, the GPS antenna should be directed towards the sky

Contact points for USB charger. Fit the curved edge of the charger over the curve marking on the watch

4 Before Using Your GPS Watch /First Steps

Remove and dispose of the protective plastic on the watch screen.

Caution! This protection film for the watch screen poses an asphyxiation danger and must be kept out of reach of babies and young children!

The watch is delivered in off-line mode. To start the GPS watch, PRESS and HOLD the "LAP/RESET"-button for 5 seconds, or until the time and date is displayed. The first mode displayed is the Time Mode.

The GPS watch can be worn as a watch or can be attached to the handlebars of your bike using the included bike mount.

To attach the bike mount to your handlebars:

- Clip the bike mount around the handlebars of your bike.
- If the support is too weak you can use plastic cable ties for a more secure mount.
- Attach the watch on the bike mount.

4.1 Getting to know your watch

The GPS watch is equipped with a rechargeable lithium-polymer battery. Before the first use, charge the watch for 3 hours or until the battery is full.

To charge the watch, attach the clamp-on USB charger to the watch. Be sure that the pins on the charger fit into the contacts on the back of the watch. Plug the USB into a USB wall adapter or your computer.

To avoid corrosion, we recommend you to dry the contact points of the GPS watch well before starting a charging process.

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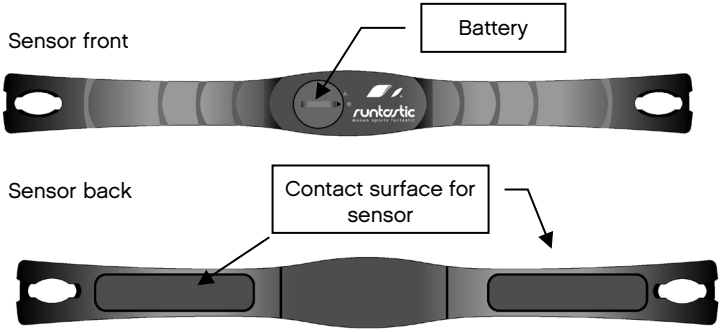
When the USB charger/connection cable is securely attached to the watch this symbol will appear on the watch display.

If the cable is connected, but the symbol does not appear, press the View button. If it still doesn't display, check that the clamp is

correctly positioned and making contact. If the contacts become clogged with dirt or sweat, gently clean them with a cotton swab and dab of alcohol. When the charge is complete, a message will appear "Battery Full!"

A full battery charge will yield up to 16 hours of watch time in GPS mode.

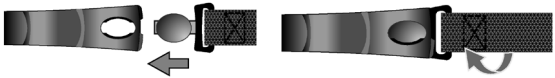
4.2 Heart Rate Monitor Chest strap



How to Put on the Heart Rate Monitor Chest Strap

To ensure good contact and transmission of heart rate, moisten the sensors on the inside of the heart rate strap using a drop of water or ECG gel.

Slip the plastic oval connector into the hole in the sensor, coming up from the inside, and press to lay flat.



Position the sensor under your pectoral (chest) muscles, adjusting the strap for a snug but not tight fit. Be sure the battery compartment is to your right when attaching the strap and the words are not upside down.

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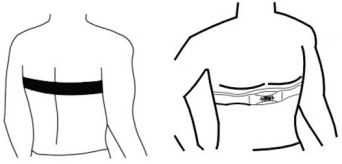


In order to make an optimum transfer of the cardiac frequency possible, wear the belt with the battery compartment on the right side (from the wearer's point of view).

The battery is already inserted in the chest strap, and is ready for use.

4.3 Acquire GPS Signal Before Starting a Workout

The GPS watch is equipped with a global positioning system (GPS) that measures distance, speed, elevation and navigation by means of the USA satellite network. The USA operates this satellite system and is responsible for its maintenance and accuracy.

Prior to starting a GPS Workout or GPS Navigation, it is best to acquire the signal to be sure that the GPS data and speed tracking is accurate. The first time the GPS is started, or when using the watch at a distance (e.g., over 175 miles) from its last GPS position,

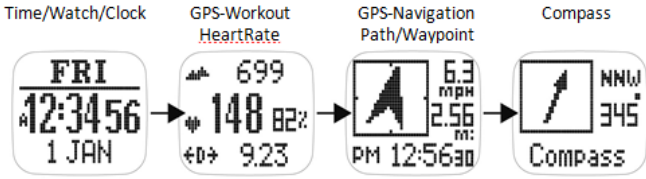
requires a cold start. A cold start is one that may take a minute or longer to connect to the full GPS signal.
On the other hand, a warm start that acquires the signal near the last GPS position, may only take 10 seconds to acquire the full GPS signal. In either case, when possible, it is recommended to start the GPS out in an open area with an unobstructed view of a clear sky.

See SECTION 4.3 for instructions on how to start GPS

5 GPS Watch Modes

The watch has four function modes. Press the MODE button to switch between modes.

- Watch/Timer/Alarm- Displays date and time. Press View button to display remaining battery life, timer, alarm clock, and dual time that adds a second time zone.
- GPS-Workout/Heart Rate - Use for workouts to see heart rate, distance, speed, and more. Three customizable views available in workout mode.
- GPS-Navigation/Path/Waypoint – Use to follow previously recorded paths, or to create a new path. Choose points (waypoints) along the path then navigate back to them or back to where you started. Follow the points on previously recorded paths to follow the same route. This mode is helpful when hiking.
- Compass - Use when you need to know your bearings and direction.



6 Basic Settings

Preparing your watch for use.

6.1 Navigating the Settings Menu

To enter the Settings Menu, PRESS and HOLD the Mode button (bottom left) until the settings menu is displayed.
Press the bottom right (Lap/Reset) button to scroll down to the menu item you want.
Press the center right (View) button to select an item and display its sub-menu or to confirm (OK) a setting.
Press the bottom left (Mode) button to return to the previous menu and again to exit settings return to watch mode.

6.1.1 Menu Structure

Menu structure

- Workout (Point 6.3)
  - Profiles
    - Select — Selection of training profile
    - Customize — Selection of training data for the display — 1-3 of each training profile
    - Reset — Setting of training data basis
  - History — Call of training history

- Smart Lap
  - By Dist — Automatic taking-up of lap times „Lap-By-Distance“
  - Lap→WP points — Automatic generation of reference From laps „Lap-To-Waypoint“
  - Alert — Alarm activation for „Lap-By-Distance“
- View Scan — Automatic switching among the 3 displays
- Track Log — Setting of the interval for measurements
- Delete
  - Del Last — Deletion of data from last training
  - Del All — Deletion of data from all trainings so far

- Navigation (Point 6.4)
  - Sel Path — Path selection
  - Del Path — Path deletion
  - Nav Mode — Selection of navigation type
  - WP Radius — Adjustment of path-beam point
- GPS (Points 6.3 and 6.4)
  - On/Off — Activation/deactivation of GPS reception
  - Timeout — Setting of GPS Timeout
  - A-GPS — A-GPS Expiry (Maturity date)

- HRM (Point 6.3)
  - On/Off — Activation of cardiac frequency measurement
  - Zone HR
    - Select — Selection of training area

        - Customize limits — Modification of upper and lower
        - Alert — Alarm activation for training area
        - Reset — Reset of upper and lower limits to default settings
    - Max.HR frequency — Setting of maximum cardiac
    - Pairing — Junction of the chest belt with the GPS watch

- Settings
    - Timer (Point 6.2) — Timer adjustment
    - Alarm (Point 6.2) — Alarm adjustment
    - Time Date (Point 6.2)
        - Home Time
            - GPS Upd — Setting of GPS updating time
            - Time Zone — Time zone adjustment
            - Manual — Manual adjustment of time
        - Dual Time — Dual time adjustment
        - Format — Adjustment of 12/24 hour format
    - User (Point 6.1.1)
        - Gender — Selection of gender
        - Birth Date — Date of birth setting
        - Weight — Weight setting
    - System (Point 6.1.2 – excepting Compass point 6.5)
        - Sound
            - Key Tones — Activation/deactivation of key tone
            - Chimes — Activation/deactivation of fixed time alarm
        - Contrast — LCD contrast adjustment
        - Units

- Dst/Spd of — Adjustment speed and distance unit measure
- Position altitude — Adjustment of unit of measure for and longitude degree
- Weight — Adjustment of weight unit of body weight
- Compass (Point 6.5)
  - Declinate — Entry of declinations
  - Calibrate — Compass calibration
- Language — Language adjustment
- Sys Reset — Operation of system reset

- Memory (Point 6.1.3) — Call of memory status.

6.2 *General Settings*

6.2.1 User Settings

For accurate calorie count, maximum heart rate, and heart rate zones, be sure to make adjustments to the user settings before working out. To enter User Settings:
PRESS and HOLD the Mode button to bring up the watch menu.
Press the LAP/Reset button to scroll down to SETTINGS
Press the VIEW button to select SETTINGS.

- Navigate to the various settings in the same way.

Selection of gender

- Select SETTINGS from the menu→ USER → GENDER
- Then select "Male" or "Female."

Date of birth

- Select SETTINGS from the menu → USER→ BIRTH DATE
- Adjust the year, month and day using the ST/STOP button to choose a higher number and the LAP/RESET button to go to a

lower number. Press the view button to accept the adjustment and move to the next setting. Press the Mode button when you have completed the birth date is set correctly.

Weight

- Select SETTINGS the menu → USER → WEIGHT
- Then adjust weight

6.3 System settings

Once you make the desired adjustments to a setting, press the Mode button to accept the changes and return to the previous menu.

Turn on/off button sounds

Turning on the button sounds (Key Tones) lets you know that you have pressed a button. There may be times when you want to silence your watch and turn off the key tones.

- Select SETTINGS from the menu → SYSTEM → SOUND → KEY TONES.

Select "On" and press Mode button to accept the change and return to the previous menu.

Activation/deactivation of fixed time alarm

- Select SETTINGS from the menu → SYSTEM → SOUND → CHIME
- Select "On" to activate the fixed time alarm or "Off" to deactivate it, then press the Mode button to accept the change and return to the previous menu.

LCD contrast adjustment

If you have trouble seeing the watch display outdoors, change to a darker contrast.

- Select SETTINGS from the menu → USER → CONTRAST
- Then set the desired LCD contrast from 3 (light) up to 16 (dark).

Adjusting the unit of measure (KM or Miles) for speed and distance

The watch can be set to measure speed and distance both on land and on water.

- Select SETTINGS from the menu → SYSTEM → UNITS → DST/SPD
- Select METRIC for Kilometers - km/h, IMPERIAL for miles-mph, or NAUTICAL for miles/ knots.

Adjustment of the unit of measure for longitude and latitude degree

- Select SETTINGS from the menu → SYSTEM → UNITS → POSITION
- Then select 0°00'00.00 N to display GPS location in Degrees-Minutes-Seconds or
- 0.000000 N to display GPS location in decimal degrees.

Adjustment of the unit of measure for body weight – kgs or lbs

- Select SETTINGS from the menu →SYSTEM→ UNITS → WEIGHT
- Then select kg for kilograms or lb for pounds.

Language adjustment

- Select SETTINGS from the menu → SYSTEM →LANGUAGE
- Select the desired language (English, French, Spanish, German, and Italian).

System reset

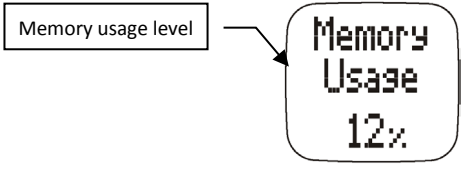
- Select SETTINGS from the menu → SYSTEM → SYS RESET
- Select "On" to perform a system reset. Performing a system reset will return the watch to its default settings and ALL DATA (paths, reference points, training histories, etc.) WILL BE DELETED.

- Select "Off" in order not to reset the system and press the Mode button to return to the previous menu without resetting the watch.

6.4 Check Memory Usage

The watch has a limited memory and does not delete data automatically. You may want to track the memory usage to avoid losing any of your workout stats.

To view how much memory has been used go MEMORY in the menu.
The following display appears:

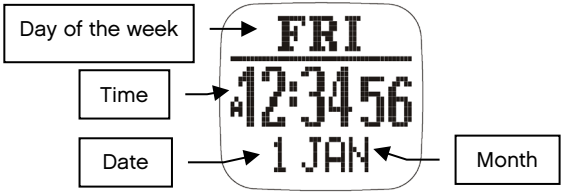


The memory use level of the GPS watch will be indicated as a percentage %. 1% of the memory corresponds to approximately 480 in memorized reference points for the GPS watch.

TIP:
Only a certain number of workouts can be stored on the watch. If you want to save all of your workouts to track your progress over time, you need to connect to Runtastic.com and upload your workouts. To automatically delete workouts from the watch, check the "delete workouts after upload" button in the Runtastic Connect software. When the memory is nearing capacity, a notification “Memory full!” will appear on the watch display.

7 Time mode- Watch/Timer/Alarm/Battery

Press the MODE button until the time mode is displayed.
The main time mode is the watch with time and date. That appears as follows:

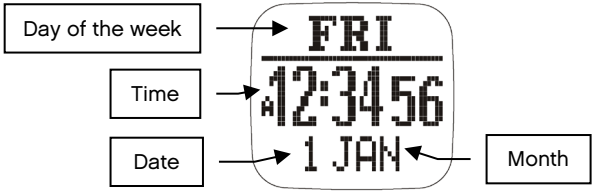


Cycle through the following time modes displays by pressing the VIEW button:

- Time and date
- Battery level
- Timer
- Alarm
- Dual Time

7.1 Time and date

In Time-mode press the VIEW button until the following display appears on the display:



SETTING THE TIME AND DATE

The time and date can be set in the Menu by going to SETTINGS > TIME > HOME TIME and choosing how you want to set the time:

- GPS update
- Time Zone
- Manual setting

Using GPS Update to set time:

GPS Update is turned "ON" as a default setting and will automatically set the time when a GPS signal is acquired.

- Select SETTINGS from the menu → TIME DATE → HOME TIME → GPS Upd
- To turn off the GPS Update feature select "Off."

NOTE: The GPS signal transmits Greenwich Mean Time (GMT); therefore, it may be necessary to set a different time zone

Time zone adjustment

- Select SETTINGS from the menu → TIME DATE→ HOME DATE → TIME ZONE
- To set the time by Then you will be able to set a time zone of -12:00 up to +12:00 time zone difference based on GMT. Choose to have the time zone chosen automatically by using the option "By Longitude" that appears after "+12:00." When selecting "By longitude", the GPS watch will try to calculate the time zone based on the established longitudinal degree. If this does not work properly, set the time one in hours (e.g.: + 1:00).

Choosing 12 or 24-hour format

- Select SETTINGS from the menu → TIME DATE→ FORMAT
- Select between the 12 or 24 hours (military time) formats.

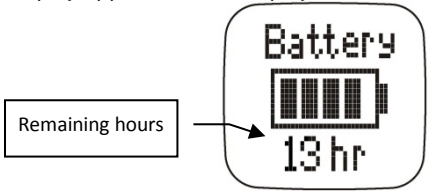
Manual time adjustment

If no GPS reception is possible, time format can also be manually adjusted:

- Select SETTINGS from the menu → TIME DATE→ HOME DATE → MANUAL
- Then adjust the seconds, minutes, hours, year, month and day. Use the ST/Stop and Lap/RESET buttons to change the time up or down. Press the VIEW button to switch between hour, minutes, seconds and date. Press MODE button when you have finished setting the time.

7.2 Battery level display

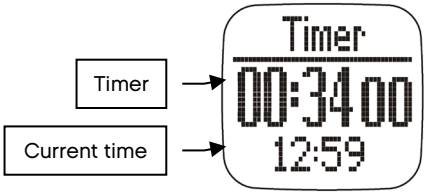
- In Time-mode press the „VIEW"-button until the following display appears on the display:



The estimation for the remaining hours for the use of GPS function will be displayed. When the battery is almost empty, the symbol will appear, and the GPS functioning and cardiac frequency measurement will be deactivated. To charge the battery, see point 9.1 "Charging the battery of the GPS watch".

7.3 Setting a Count-down Timer

In Time-mode press the VIEW button until the following display appears :



Set Timer

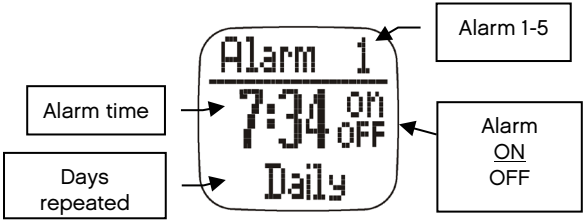
- Select SETTINGS from the menu → TIMER
- Use the ST/STP or Lap/RESET button to adjust the hours, minutes and seconds for the timer. Press the VIEW button to move between hours, minutes and seconds.
- Press the MODE button to accept changes and return to the previous menu.

To Use the Timer

- Press the VIEW button until the Timer display appears.
- Press the ST/STP button to start the timer. Press the ST/STP button again to stop or pause the timer.
- After stopping the timer, you can continue the countdown by pressing the ST/STP button again.
- There will be a beep counting down the final 10 seconds, and an alarm will sound when the timer reaches “00:00.”
- Press any watch button to stop the alarm.
- To return to the full timer countdown, press the "LAP/RESET" button, to reset the timer.

7.4 *Alarm*

You can set up to 5 different alarms to go off at a particular time. Alarms can be set to repeat daily or on chosen days. To view the time of each set alarm, go to Time-mode and press the VIEW button until the following display appears:



- Press the ST/STP button, to view alarm 1-5.
- Press the LAP/RESET button to set the alarm "ON" (enabled) or turn it "OFF" (disabled).

Setting of alarm time and days repeated:

- Select SETTINGS from the menu → ALARMS
- Use the ST/STP or Lap/RESET buttons to choose Alarm 1-5.
- Use the VIEW button to move between adjustments (hour and minutes).
- Next, ON and OFF will blink. Choose “ON” to turn on the alarm "ON" (activated) or "OFF" (deactivated).
- Now choose when you would like the alarm to repeat. The default is Daily.

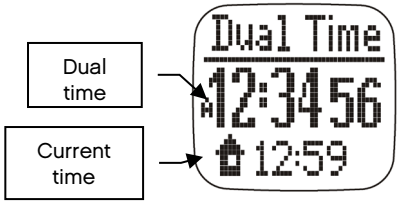
Daily	Daily
Sun	Sunday
Mon	Monday
Tue	Tuesday
Wed	Wednesday
Thu	Thursday
Fri	Friday
Sat	Saturday
Mon-Fri	Monday-Friday

- Press the MODE button to accept settings and return to the previous menu.

Stopping the Alarm
When the alarm rings, stop it by pressing any key.

7.5 Dual Time – Display two time zones

Keep track of a different time zone by setting the Dual Time (e.g., always know what time it is in Paris when you are in New York). In Time-mode, press the VIEW button until the following display appears:



Setting the Dual time:

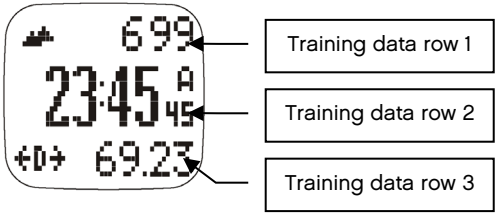
- Select SETTINGS from the menu → TIME DATE → DUAL TIME

- Set the desired time difference from the current time (+12 hours to –12 hours in 30-minute increments).
- Press the MODE button to accept settings and return to the previous menu.

8 GPS-Workout mode

The GPS-Workout mode will display and record your stats once a current exercise session has been started. Stats can be saved and later uploaded to the Runtastic website using Runtastic Connect.

There are 3 customizable displays (see section ###) to view heart rate, calories burned, time, pace, speed, distance, altitude, and laps. This is an example of a GPS Workout Mode display:



How to Start/stop workout monitoring and recording
Press the „ST./STP." button in GPS-Workout-mode in order to start or stop the training.
This way, the search for GPS signal and cardiac frequency measurement will be activated automatically (if this has not already been performed manually).

YOU MUST SAVE YOUR TRAINING SESSIONS AFTER YOU HAVE FINISHED YOUR WORKOUT. A quick press of the ST/STOP button will pause the workout but will not stop the workout and save it.

Setting of training data to zero
If training stops, hold down the "LAP/RESET" button, until "Hold to Save" appears; all training data are set to 0 and you can start a new training. Still, the data of this training will be kept in the memory of the watch and will be able to be viewed later.

8.1 Heart Rate Monitoring

The watch starts displaying current workout statistics when a workout session is started.

Be sure you are wearing the heart rate monitor chest strap.

To quickstart a workout, be sure the watch is displaying the GPS-Workout Mode. Press the ST/STP button and your current heart rate will be displayed.

Or

To display your heart rate without recording a workout:

Wear the strap according to the description from point 4.2 "Chest strap."

- Select SETTINGS from the menu→ HRM → ON/OFF
- Press the VIEW button to toggle On to turn on heart rate monitor reception, and off to stop the reception.

Note that turning on the heart rate reception will not start a workout session (see previous steps to quickstart a workout).

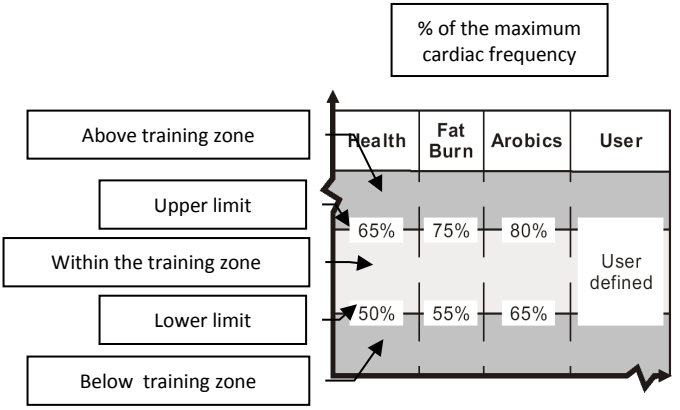
8.1.1 Heart Rate Training Zones

Heart rate measurements fall into zones based on a percentage of your maximum heart rate. Zones can be set up to optimize different

goals. The GPS watch has 3 training zone options (Health, Fat Burn, Aerobics), or you can customize the zones (User).

The GPS watch automatically calculates your maximum heart rate based on your age and gender (this is why it you must set up this information in user settings see section ##). Heart rate zones are also set automatically based on your maximum heart rate.

Each zone has an upper and lower limit based on the percentage of your maximum heart rate:



Choosing a Training Zone

- Select SETTINGS from the menu→ HRM → HR ZONE → SELECT
- Select Health, Fat Burn, or Aerobics to use the preset heart rate zones for the respective goal.

How to Customize/Modify Training Zones

You can customize a training zone by modifying the upper and/or lower limits of the zone.

- Select SETTINGS from the menu→ HRM → HR ZONE → CUSTOMIZE
- Select the training zone you want to modify—Health, Fat Burn, Aerobics, or User.
- As you change the heart rate beats per minute (bpm) using the ST/STP or Lap/RESET buttons, the percentage of your maximum heart rate (indicated next to the heart rate bpm) will also change.
- Press the MODE button to accept the changes and return to the previous menu.

To Reset Training Zone to Default Settings

To return the upper and lower limits of a heart rate zone to the default setting:

- Select SETTINGS from the menu→ HRM → HR ZONE → RESET

To Manually Set Your Maximum Heart Rate

As you become fit, your individual heart rate bpm maximum may differ from the default maximum heart rate for your age and gender that was automatically set. When your maximum heart rate is changed, all of the upper and lower limits of the heart rate training zones will also change based on the percentage of your maximum heart rate.

If you have done a fitness test to determine your maximum heart rate and want to manually change the maximum heart rate setting:

- Select SETTINGS from the menu→ HRM → HR ZONE → MAX HR
- Use the ST/STP or Lap/RESET buttons to change the maximum heart rate bpm.

- Press the MODE button to accept the changes and return to the previous menu.

Activate/Deactivate Training Zone Alarms

When you aren't looking at your watch, you can be alerted when you are above or below your set heart rate zone.

To hear an audible alert when your heart rate is outside the training zone:

- Select SETTINGS from the menu→ HRM → HR ZONE → ALERT
- Use the ST/STP or Lap/RESET buttons to choose "On" (activated) or "Off" (deactivated)
- Press the MODE button to accept the changes and return to the previous menu.

Note: The alarm for the training zone only works in training mode.

Pairing a chest strap with the GPS watch

Each chest strap has its own ID and was paired at the factory with the GPS watch. If you replace the GPS watch or the chest strap, they must be paired again.

- Select SETTINGS from the menu→ HRM → PAIRING
- Touch the watch to the contact surface of the sensors and hold it there for a few seconds.
- "Pairing Chest Strap" will be displayed on the watch.
- If pairing was successfully performed, the notification "DONE!" appears on the watch.
- If the notification "FAIL" appears, then the pairing did not work. Try again, repeating the steps above
- After pairing, switch “HRM” back to “On” see section ###

8.1.2 Sports Profiles and training data

Choose a sports profile to show stats that pertain to a particular sport or the workout views can be customized to display the workout stats—heart rate, heart rate zones, distance, altitude, etc.--that you want to see on each screen. Each profile has 3 displays with 3 rows of stats.

The GPS watch has 5 different training profiles:

Running, Cycling, Hiking, Sailing and User

The names of these profiles can be modified by connecting the watch to your computer and using the Runtastic Connect software (see section ###)

To Choose a Sports Profile

- Select SETTINGS from the menu→ WORKOUT → PROFILES → SELECT
- Use the ST/STP or Lap/RESET buttons to choose a profile. "Done!" will be displayed to indicate that the watch has registered your selection.
- Press the MODE button to exit and return to the previous menu.

The default settings for the Running Profile Views are:

- Display 1: Distance, average pace (time per mile), training time
- Display 2: Number of laps, current cardiac frequency, lap time
- Display 3: Height, time, calories

Switching between the 3 displays:

In GPS-Workout-mode press the VIEW button to display the next view screen.

Automatically switch among the 3 displays during a workout:

When the “Scanning” function is activated, the GPS watch automatically switches between the 3 displays. To turn on automatic switching between views:

- Select SETTINGS from the menu→ WORKOUT → VIEWSCAN→ ON

Customize the Displayed Training Data

Training data can be displayed on any row or screen in the workout. Choose the stats that you want to easily view based on your priorities. For example, you can view current heart rate, heart rate zone, and workout time on one screen, then distance, pace and speed on another.

The screens can be customized in the watch settings or by connecting the watch to your computer and making changes in the Runtastic Connect software. Using the Runtastic Connect software is the faster and easier method (see section ### for instructions)

Customizing Training Displays in the Watch Settings

- Select SETTINGS from the menu→ WORKOUT → PROFILES → CUSTOMIZE
- Select a profile that you wish to customize and press the VIEW button.
- "View 1" is displayed with the current training stat choice for each row.
- Use the ST/STP or Lap/RESET buttons to toggle through the list of stats that can be displayed in that row (see below).
- Press the VIEW button when you reach the stat you want for that row.
- The next row will blink. Repeat the steps to toggle through the list and choose the stat for the second and third rows.

- To keep the current setting, press the VIEW button.
- Pressing the VIEW button again will display "View 2" and "View 3" Repeat the steps to customize each view.
- Press the MODE button when you are done to accept the changes and return to the previous menu.

A list of available stats and an illustration of how it appears on the watch display is as follows:

Possible training data rows 1 and 3

Altitude	Altitude	999
Calories	Calories	Cal 999
Distance	Distance	99.99
Heading	Heading (degree indication)	359°
HR-Avg	Average heart rate % of max HR	AV 124 55%
HR-Max	Maximum heart rate % of max HR	↑ 124 55%
HR-Min	Minimum heart rate % of max HR	↓ 124 55%
HR	Current heart rate % of max HR	124 55%
HRZ-Abv	Time above training area	9:99 55
HRZ-Blw	Time below training area	9:99 55
HRZ-In	Time in training area	9:99 55
LapDist	Lap distance	99.99
LapNo	Number of laps	Lap 23
LapTime	Time of laps	23'45"55
Pace Avg	Medium Pace (time/km)	AV 9:59
Pace Max	Maximum Pace (the fastest time/km)	↑ 9:59
Pace	Current Pace (time/km)	9:59
Speed Avg	Average speed	AV 9.9
Speed Max	Maximum speed	↑ 9.9
Speed	Current speed	9.9
TimeOfDay	Time	AM 12:59 45
Wkout Time	Training time	55'55"55

Possible training data row 2

Distance	Distance	
HR	Current cardiac frequency	
LapDist	Lap distance	
LatLong	Longitudinal and latitude degree	
PaceAvg	Average pace (time/ mile)	
SpeedAvg	Average speed	
Speed	Current speed	
TimeOfDay	Time	
Wkout Time	Training time	

Reset the Training Views to defaults

- In the setting mode select „Workout“ point from the menu → „Profiles“ → „Reset“.

8.1.3 Using GPS during workout sessions

Turning on GPS Tracking

See Section ### for information about "warm starts" and "cold starts."

Acquiring GPS signal:
It is best to acquire the signal prior to starting a workout or GPS Navigation session.

While standing in one place:

Option 1:

1. Change to GPS Workout or GPS Navigation mode.

2. Press and hold down the „VIEW“-button from GPS-Workout-mode.
3. The GPS icon will blink indicating that it is searching for satellites.

When the GPS signal is acquired (fixed), the icon will change as follows:

Search for signal acquired

GPS Satellites

Option 2:

1. Press and hold the MODE button to enter the watch menu.
2. Select GPS from the menu → ON/OFF
3. Press the VIEW button and the message "GPS On!" will be displayed.

8.1.4 GPS Status Display:

Antenna symbol flashes - GPS signal not acquired.

If "GPS fixed!" is displayed, the watch has found 2-Dimensional positioning but is missing Altitude data.

This symbol indicates that the GPS has acquired full 3-D positioning, including Altitude data.

Accurate and uninterrupted reception of the satellite signal can only be guaranteed under calm weather conditions (clear sky) and an adequate reception area – open area with clear view to the sky.

Satellite signals react sensitively to external influences. GPS reception may be weak or unavailable in bad weather (e.g. heavy snowfall), as well as when clothes or other objects cover the GPS watch, when you are surrounded by high buildings, or in narrow valleys. This will impede the GPS watch's ability to obtain a stead signal thereby significantly affecting its efficiency and accuracy of speed, distance and other measurements.
Inside buildings, GPS reception may be available near windows or in areas with a clear view of the sky. Therefore it is recommended that you go outdoors or near a window to obtain the GPS signal. It is near impossible to get GPS reception in interior spaces and basements.

If the GPS signal from the satellites is lost and no position can be determined, "GPS Lost!" appears on the screen, until a button is pressed.

Stopping the GPS
The GPS feature will shorten battery life. At times, you may want to turn off the GPS (e.g., when working out indoors).

To stop the GPS:
Option 1:

1. While viewing the GPS Workout or GPS Navigation mode.

2. Press and hold down the VIEW button until "GPS Off!" is displayed.

Option 2:

1. Press and hold the MODE button to enter the watch menu.
2. Select GPS from the menu → ON/OFF
3. Press the VIEW button and the message "GPS Off!" will be displayed.

GPS Timeout setting

When the GPS is turned on, it will search to reacquire a signal that has been lost. The default setting is for the watch to search for a GPS signal for 5 minutes. If it is not successful, the GPS will automatically turn off. This saves battery life, as the GPS does not constantly search for signal.

The "GPS Timeout" setting can be changed. If you know that you may run into dead areas where the signal will be lost, (e.g., part of the path has trees, going through a tunnel, tall buildings) you don't want to need to stop and turn on the GPS during your workout. Instead, change the GPS Timeout to 30 minutes. With a 30-minute timeout setting, the GPS will continue to track your distance, location, speed, and pace as soon as the GPS signal can be required.

To change the GPS TimeOut Setting:

Press and hold the MODE button to enter the watch's menu.
Select GPS from the menu → TIMEOUT
Use the ST/STOP or Lap/RESET buttons to change between 5 min and 30 mins. Press the MODE button to accept the change and return to the previous menu.

When You Can't Get a GPS Signal

There are times when the GPS may not be able to obtain a signal (e.g., during bad weather, downtown among tall buildings). Yet, the watch can still track your workout and add the GPS information later using a feature called the "Assisted Global Positioning System" (A-GPS).

8.1.5 A-GPS

A-GPS fastens the search for a good GPS-reception and saves the data on a server for 7 days.

Download the A-GPS data to the watch

Connect the watch to your computer using the USB charger/data cable. As soon as the watch is linked to the computer, the A-GPS data will be transferred to the watch. Note that AGPS requires that the computer be connected to the Internet. The information will not be available after 7 days.

8.1.6 LAPS

Recording of lap times

During a workout session, press the "LAP/RESET" button to record the time of a lap. For each workout, the maximum number of lap times is 99.

Automatic recording of lap times LAP BY DISTANCE

The Smart Lap feature will automatically generate a lap at any set distance (e.g., every ½ mile, mile). Lap times will then automatically be recorded when the distance has been reached.

To set up Smart Lap by distance:

(1) Press and hold the MODE button to enter the watch's menu.
(2) Select WORKOUT from the menu → SmartLAP → BY DIST
(3) Use the ST/STOP or Lap/RESET buttons to set the desired lap distance.
(4) Press the VIEW button to accept the setting.
(5) Use the ST/STOP or Lap/RESET buttons to highlight "ON"
(6) Press the VIEW button to choose "On," or "Off" to turn off the SmartLap by distance setting.
(7) Press the MODE button to accept the settings and return to the previous menu.

With the SmartLap on, you can still record lap intervals manually by pressing the LAP/RESET button.

Audible Alert activation for LAP BY DISTANCE

To set the watch to sound a beep notification each time it records a new lap:

- Press and hold the MODE button to enter the watch's menu.
- Select WORKOUT from the menu → SmartLAP → ALERT
- Then select "On" to activate the alarm for "Lap-By-Distance" function or "Off" to deactivate it.
- Press the MODE button to accept the settings and return to the previous menu.

8.2 After training-RECALLING WORKOUT History

After a workout session has been completed and saved (see section###), you can review the data that was recorded during your workouts.

To view your Workout history:

- Press and hold the MODE button to enter the watch's menu.
- Select WORKOUT from the menu → WORKOUT → HISTORY
- Press the VIEW button to recall your most recent workout stats.
- Use the ST/STOP or Lap/RESET buttons to scroll through the saved workouts.
- Press the VIEW button to display the workout details.

The history consists of 3 screens. The watch will automatically scroll through the screens every 5 seconds:

(1st Screen)

- First row: Workout history sequence number (Workout Number)
- Second row: Workout Date
- Third row: Workout start Time
- Fourth row: Number of laps recorded.

(2nd Screen)

- Length of Workout (Training time)
- Distance
- Average pace (time per mile)

(3rd Screen)

- Calories burned
- Average Heart Rate
- Average speed

To view the lap data:
Press the VIEW button
On the upper left is the Workout Number and on the upper right is the lap number.
Press the ST/STOP or the LAP/RESET buttons, to switch between the individual laps.
The history of the laps consists of 2 displays that automatically alternate:

- Display 1. Shows Average lap time, lap distance and lap pace (time per mile)
- 2nd Display
  Lap time, average heart rate for lap, and the speed of this lap.
-

Press the VIEW button, to return to the workout history screen

Deletion of workout data
If you wish to delete the data of the last workout:

- Press and hold the MODE button to enter the watch's menu.
- Select WORKOUT from the menu → WORKOUT → DELETE→Del Last

If you want to delete the data of all of the workout data on the watch:

- Select WORKOUT from the menu → WORKOUT → DELETE→Del All.

Workout data is NOT automatically deleted. See section### on how to automatically delete workout data that has been uploaded to your Runtastic.com dashboard.

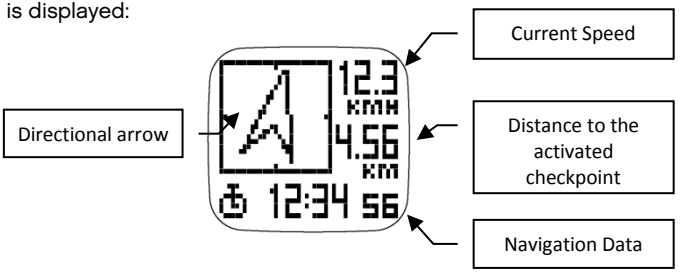
8.3 GPS-Navigation-mode

The GPS Navigation mode can create routes (paths) or points along a route to follow (waypoints). This mode works together with the GPS-Workout mode. When you start a workout session or mark a

lap in one mode, it begins a session and registers the lap in the other mode as well.

Before you begin GPS Navigation, you need to choose a path. Previous paths can be followed, or a new path can be created.

Press the MODE button repeatedly until the "GPS Navigation-mode is displayed:



8.4 Waypoints- Creating a Path on the Watch, Finding Your Way

A waypoint is a point along a route ("path"). It helps with navigation to create waypoints when you make a turn along your path-- like a fork in a hiking path, a landmark. Without waypoints, when using the navigation to find the beginning or end of your path, the GPS could point you off the road or trail, in a direction that could not be followed because there are buildings or other obstacles in the way.

This type of waypoint function is unique to a GPS watch and usually is found on trail GPS devices. When joined together, waypoints create a path (route) in the watch's memory that can be followed again. To use waypoints in this way, choose either the waypoint

navigation and pick the waypoint, or the forward navigation (see below for instructions).

Another way to use marked waypoints is to return to a point along the path and find your way back to where you started, or simple choose your starting point and follow the way back. This is particularly helpful to be guided back to a point on a trail when hiking. (Be sure to always have a map and magnetic compass as a backup) To use waypoints in this way, choose either the waypoint navigation and pick a previous waypoint, or the backward-navigation (see below for instructions. __

You can save up to 10 paths on this GPS-watch, but you can only work with one path a time. A path can consist of up to 99 waypoints. Within a path, waypoints within a path can be linked with each other and form their own sub-path,or they can be individual waypoints.

The GPS-Navigation mode has display screens that can be accessed by pressing the VIEW button:,

- Navigation-display
- Go-to-display

Choosing Paths

- Press and hold the MODE button to enter the watch's menu.
- Select NAVIGATION from the menu → SelPath
- Use the ST/STOP or Lap/RESET buttons to scroll through the saved paths. The path number and number of waypoints will be listed for each path. Look for a path that reads "0" to the right of the path number.
- Press the VIEW button to choose the path. "Done!" will appear on the display.

- Press the MODE button to accept the changes and return to the previous menu.

Delete path

- Press and hold the MODE button to enter the watch's menu.
- Select NAVIGATION from the menu → DelPath
- Use the ST/STOP or Lap/RESET buttons to scroll through the saved paths.

Creating a path

Setting of measurement interval

When you start the GPS Navigation, the watch will create a path (and save it to the path number you chose in the previous step. If you do not create any waypoints, the path will show 1 waypoint.

The GPS watch records the path continuously. You can manually set how often the measurements are performed, from 1 second up to 10 minutes. The basic setting is 4 seconds:

- In the setting mode select „Workout" point → Tracklog.
- Then adjust the interval desired for measurements

Waypoints can be created each time a lap is recorded. This must be set in the watch's workout settings:

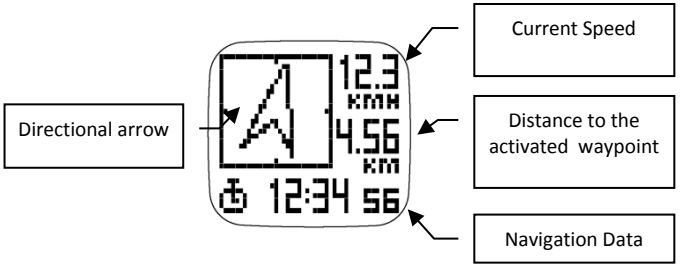
- Press and hold the MODE button to enter the watch's menu.
- Select WORKOUT from the menu → SmartLap → Lap-Waypoint
- Use the ST/STOP or Lap/RESET buttons to Highlight "On"
- Press the VIEW button to turn on the Lap to Waypoint Feature
- Use the ST/STOP or Lap/RESET buttons to scroll through and display a path (from 1 to 10) to record. Previously recorded paths will have a number to the right of the path number that indicates the number of waypoints for that path.

- Choose a path with "0" waypoints to create a new path. Choosing a previously recorded path will overwrite the previous path information.
- Press VIEW to choose the displayed path number.
- Press MODE to accept the settings and return to the previous menu.

To create a waypoint, quickly press the LAP/RESET button to mark the location.

8.5 Navigation-display

In the “GPS Navigation-mode” press the VIEW button repeatedly until you see the following display:



The current speed and the distance to the activated waypoint are displayed. Alternating navigation data is shown on the bottom row that scrolls through:

- Time of day
- Workout time
- Distance to finish
- Estimated time to finish
- Current heart rate (if available)

Before you begin, choose the path, the navigation-mode and the waypoint-radius, as described below:

8.5.1 Navigation Mode

There are three different types of navigation:

- Waypoint-navigation: Here you choose an individual waypoint on the active path that becomes the location to which you will be directed. Choose this navigation type when you want to go to a specific point along the recorded path. Each subsequent waypoint must be manually selected. Select the waypoint in the “go-to-display” (see below).
- Forward-navigation: Forward navigation will take you from the first to the last waypoint on a path. Choose this navigation when you want to follow a previously recorded path from start to finish. As you reach each waypoint, the next waypoint is automatically loaded into the “go-to-display” as your next goal until you finish the path.
- Backward-navigation: This navigation will take you from where you are back to the beginning of your path. Choose a waypoint on the path and the watch will automatically load each of the previous waypoints in the Go-to display until you reach the start of the path.

Choosing Navigation-modes

- Press and hold the MODE button to enter the watch's menu.
- Select NAVIGATION from the menu → NavMode
- Use the ST/STOP or Lap/RESET buttons to Highlight "waypoint," "forward," or "backward."
- Press the MODE button to accept the setting and return to the previous menu.

Waypoint-radius
This setting determines the distance from the actual marked waypoint at which the watch determines that you have reached the waypoint. The default is 100 feet but it can be changed manually (from 50 to 650 feet).

To set the waypoint radius:

- Press and hold the MODE button to enter the watch's menu.
- Select NAVIGATION from the menu → WP Radius
- Use the ST/STOP or Lap/RESET buttons to increase or reduce the radius of the waypoint goal.
- Press the MODE button to accept the setting and return to the previous menu.

Once you reach the radius of a waypoint, you can hear 3 short "beep"-sounds. The beeps can be turned off by:

- Press and hold the MODE button to enter the watch menu.
- Select GPS from the menu → ON/OFF
- Press the VIEW button and the message "GPS On!" will be displayed.

8.6 Starting the GPS Navigation

To start GPS navigation:
While standing in one place:
Option 1:

- Change to GPS Workout or GPS Navigation mode.
- Press and hold down the „VIEW"-button from GPS-Workout-mode.

Option 2:

- Press and hold the MODE button to enter the watch menu.
- Select GPS from the menu → ON/OFF

- Press the VIEW button and the message "GPS On!" will be displayed.

The GPS Navigation will automatically load the last used path. To use another path, or to create a new path, follow the previous directions in this section on selecting or creating a path.

If you are creating a new path, or have chosen a path with 0 waypoints, "no waypoint" will flash in the directional arrow box. If you have chosen a path with waypoints and either chosen a waypoint to Go to or have chosen forward or backward navigation, an arrow will appear indicating the direction you must move to reach the chosen waypoint. (and therefore follow the chosen path). Once you have chosen a path and are receiving the GPS-signal, the display shows a directional arrow that shows you the way to the next waypoint.

Stopping the GPS

The GPS feature will shorten battery life. At times, you may want to turn off the GPS (e.g., when working out indoors).

To stop the GPS:

Option 1:

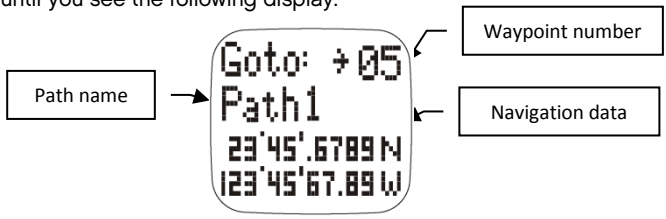
3. While viewing the GPS Workout or GPS Navigation mode.
4. Press and hold down the VIEW button until "GPS Off!" is displayed.

Option 2:

4. Press and hold the MODE button to enter the watch menu.
5. Select GPS from the menu → ON/OFF
   Press the VIEW button and the message "GPS Off!" will be displayed.

8.7 *Navigating to a waypoint:* Go-to-display

While in the GPS-Navigation mode and press the "VIEW"-button until you see the following display:



Choose a waypoint number from the currently selected path by pressing the "ST./STP." or "LAP/RESET"-button.

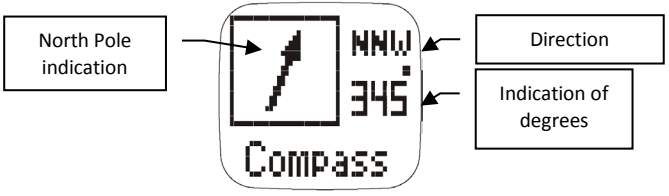
The navigation data in the bottom row will alternate between:

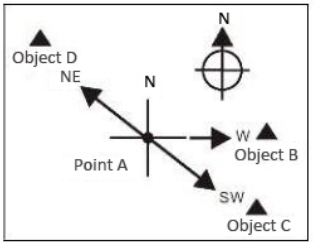
- Time and date, when the waypoint was created
  And the direction (degree display) to this waypoint
- Longitude and altitude of the waypoint

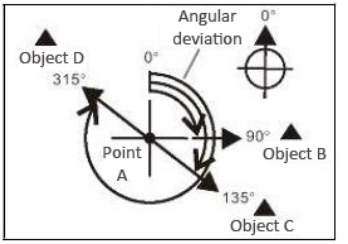
After activating a waypoint, press the "VIEW"-button to return to the GPS navigation display..

8.8 Compass-mode

While the watch is equipped with an excellent compass, be sure to always have a backup and map with you when you are in an unfamiliar location. Press the MODE button until you get to Compass-mode. This following screen is displayed:







	Direction	Indication of degrees
N	North	349° - 11°
NNE	North-Northeast	12° - 33°
NE	Northeast	34° - 56°
ENE	East-North East	57° - 78°
E	East	79° - 101°
ESE	East-South East	102° - 123°
SE	South East	124° - 146°
SSE	South-South East	147° - 168°
S	South	169° - 191°
SSV	South-South West	192° - 213°
SV	South West	214° - 236°
VSV	West-South west	237° - 258°
V	West	259° - 281°
VNV	West-North west	282° - 303°
NV	North west	304° - 326°
NNV	North-North west	327° - 348°

8.8.1 Compass calibration

To ensure that the accuracy of the watch's compass it must be calibrated:

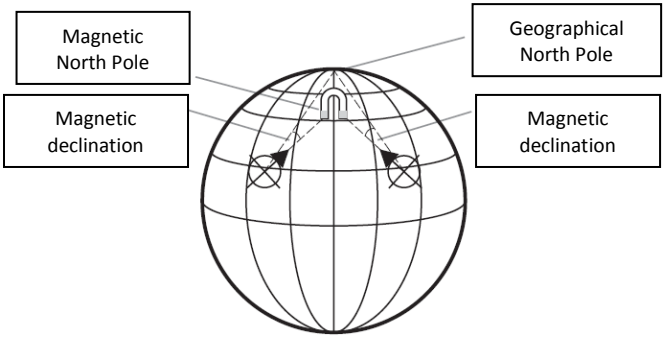
- The first time the compass is used on the watch
  Or
- When changing locations or situations from the last time the compass was calibrated.

To calibrate the compass:

Press and hold the MODE button to enter the watch's menu.
Select SETTINGS from the menu → SYSTEM→ COMPASS→ CALIBRATE.
Keeping the watch face parallel to the floor, rotate the watch clockwise, until the box is complete around the words "Rotate 360" and "Done!" appears on the screen.
Press the MODE button to exit to the previous menu.

8.8.2 Adjust for Declination for better compass accuracy

Magnetic compasses like the one in the GPS watch point toward the *magnetic North Pole* but not necessarily to True North. On the other hand, a map refers to the *geographical* North Pole. The difference in the angle of True North and Magnetic north is called magnetic declination.



To correct this declination, the deviation degree can be introduced. This deviation degree is indicated on maps as plus (positive) Eastern deviation (E)(pointing to the right of North), and minus (negative) Western deviation(V) (Pointing to the left of North).

Example 1:

Western deviation 23° and the compass shows 323° → 323° - 23° = 300°

Example 2:

Eastern deviation 22° and the compass shows 278° → 278° + 22° = 300°

Most maps have a small arrow, which indicates the direction of the magnetic North Pole along with the amount of the deviation, indicated in degrees. You can also find the declination of a location by going to www.magnetic-declination.com**.**

Once you have found the deviation number, adjust the declination by:

Press and hold the MODE button to enter the watch's menu.

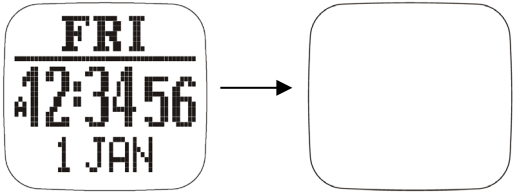
Select SETTINGS from the menu → SYSTEM→ COMPASS→ DECLINATE. Use the ST/STOP or LAP/RESET to adjust the deviation number (plus or minus). Press the MODE button to accept the setting and return to the previous menu.

9 To Save Battery Life

To preserve battery life, the watch display can be turned off.

In Time mode, press and hold the LAP/RESET button for 5 seconds or until the display turns off. Settings and data will NOT be lost.

To turn on the display, press and hold the LAP/RESET button for 5 seconds or until the display turns on.



10 Lighting the display

Press the "LIGHT" button, to light up the display for approximately 5 seconds.

To light the display all of the time, activate the "Night Mode:" Press and hold down the "LIGHT" button for approximately 5 seconds until "Night Mode!" is displayed. Night mode uses more power and will drain the battery more quickly than the standard mode. To exit Night Mode, give a short press to the "LIGHT" button. The light will go off after approximately 5 seconds.

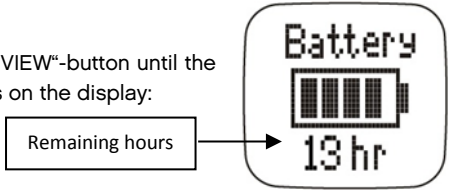
11 Charging the battery, replacement of batteries

11.1 Charging the battery of the GPS watch

The GPS watch has a lithium-polymer battery.

Battery Usage Display

In Time-mode press the „VIEW"-button until the following display appears on the display:



An estimation of the hours left for the use of the GPS function will be displayed. When the battery is almost empty, the following symbol will appear , and the GPS functioning and cardiac frequency measurement will be deactivated. The operation duration of the battery is of 8 hours when using the GPS, and in time mode of approx. 1 year.

To avoid corrosion, we recommend you to dry well the contact points of the GPS watch, before starting a charging process.

The GPS watch is equipped with a rechargeable lithium-polymer battery. Before the first use, charge the watch for 3 hours or until the battery is full.

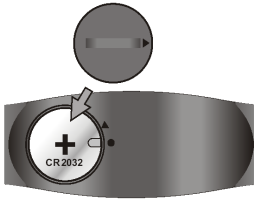
To charge the watch, attach the clamp-on USB charger to the watch. Be sure that the pins on the charger fit into the contacts on the back of the watch. Plug the USB into a USB wall adapter or your computer.

When the USB charger/connection cable is securely attached to the watch this symbol will appear on the watch display.

If the cable is connected, but the symbol does not appear, press the View button. If it still doesn't display, check that the clamp is correctly positioned and making contact. If the contacts become clogged with dirt or sweat, gently clean them with a cotton swab and dab of alcohol. When the charge is complete, a message will appear "Battery Full!" A full battery charge yields up to 16 hours of watch time in GPS mode.

11.2 Replacement of the battery of chest strap

Open the cover of the battery compartment with a coin, rotating counterclockwise. Take out the old battery and place a new 3V type CR2032. Make sure the plus pole (+) shows upwards. Put back the cover from the battery compartment and close it again, rotating clockwise. Make sure the closed tightly, so that moisture does not infiltrate the chest strap.



12 Connecting to a Computer to Upload Training Data and change watch settings

To upload your workout history to your profile on Runtastic.com and to easily change settings on the watch, you will need to connect the watch to your computer. The *Runtastic Connect* software must first be installed on your computer

12.1 Download the Runtastic Connect installation files

Go to http://www.runtastic.com/connect to download the software for your computer (both Mac and PC).

12.1.1 How to install Runtastic Connect

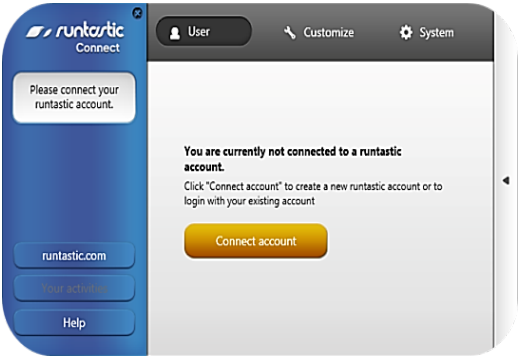
1. Do not yet connect the USB cable to your computer.
2. Double click on the downloaded Runtastic Connect installation file to start installation .
3. Follow the instructions in the installation program to install the program to your computer.
4. This will also install the necessary driver for the USB port, so the watch can be recognized when connected and will automatically start the Runtastic Connect software.

Warning: We cannot be held responsible for damage to your computer.

12.2 Using Runtastic Connect

Runtastic Connect will launch automatically when you connect the watch to your computer.

1. Connect the watch to your computer using the USB/data cable. Be sure that the pins on the adapter clamp are touching the contacts on the back of the watch and that the USB connection icon appears on the watch display. *Runtastic Connect* will open automatically once linked to the watch. You will see the window on the left. Click the arrow to expand the software's window.



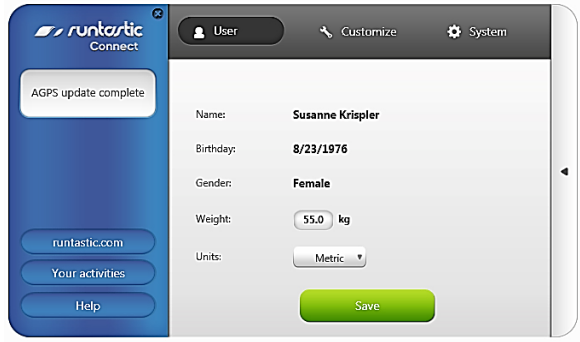
Click to this arrow to open up the window completely:

To sign up or create a Runtastic account, click on “Connect account". This will automatically take you to Runtastic.com where you can log in to an existing account or follow the instructions on the website to create a new account.

Runtastic Connect has three windows: User, Customize, and System.

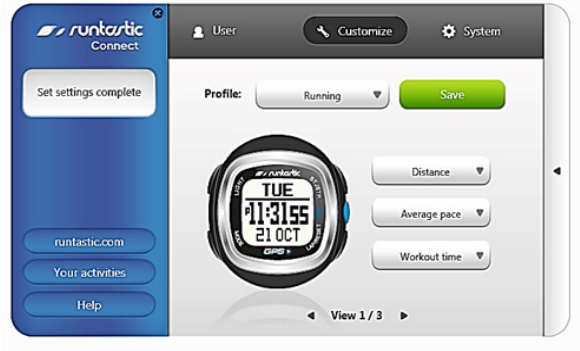
In the User window, you can view or adjust your User settings, including updating your current weight and whether you want to view your weight in lbs (pounds) or kg (kilos). When you have completed your changes, click on the "Save" button.

“User”

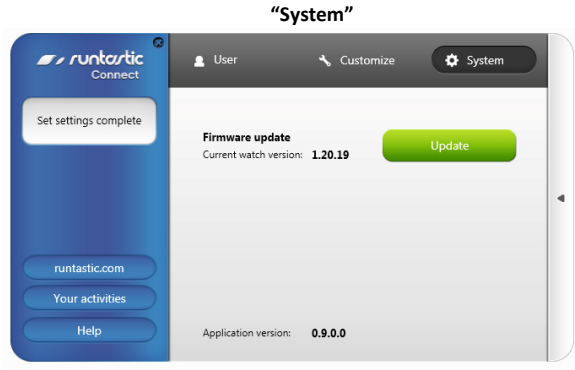


In the customize window, you can make changes to the watch's profile displays as well as change the names of the profiles. The three screens can be customized by choosing the data type from the drop-down menu. When you have completed your changes, click on the "save" button.

“Customize”



From time-to-time, Runtastic will update the firmware that runs the GPS watch in order to improve its performance or update features. Regularly check for updates when connecting your watch by clicking on the System tab and pressing the "update" button. You will be notified if an update is available.



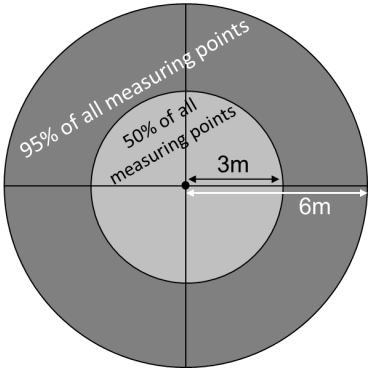
13 Technical data

GPS watch

Power supply: Lithium-polymer battery, 380 mAH, 3,7V

GPS accuracy: 3 meters CEP (50%) under clear sky conditions

The indication of the accuracy is based on the so-called CEP 50% (Circular Error Probability). This means that in case of very good GPS reception from the satellites 50% of all measuring points will be located in a circle with the indicated half-line of 3 m. It also means that half of the measuring points are outside this half-line.
Further, however, 95% of all measuring points are in a circle with double half-line. Nearly all points are inside a circle with a half-line of 6 m, in case of good reception of the satellite.



Accuracy of position determination

Chest strap

Power supply: 1 Lithium battery (3V, CR2032)

Transmission frequency from the chest strap to the GPS watch: 2,4 GHz

14 Declaration of compliance

R&TTE Directive 1999/5/EG:

Shortened text of the declaration of compliance: By this, Krippl-Watches, declares that the GPS watch (Art.-No. RUNGPS1, Type: D02I280), as well as the chest strap (Art.-No. RUNGPS1, Type: T00018D) comply with the applicable basic conditions and dispositions of 1999/5/EG directive.

The complete text of the declaration of compliance can be taken from our website www.runtastic.com

FCC Compliance Statement (For US)

- This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesirable operation.
- **WARNING: Changes or modifications to this watch not expressly approved by the party responsible for compliance could void the user's right to operate the equipment.**
- **NOTE: This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and radiates radio frequency energy. If it is not installed and used in accordance with the instructions, it may cause harmful interference to radio communications.**
- However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is recommended to reduce the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation space between the watch and the receiver.
- Consult the dealer or an experienced radio/TV technician for help.

For CE :

Operating temperature : -10°C to +50°C

*** CAUTION

Battery Safety Information

- Exhausted batteries are to be removed
- Do not dispose of product or batteries in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner

This product is compliant with Directives 1999/5/EC.

15 FAQ/Correction of errors

If your GPS watch is not working properly, first check that the watch battery is charged and that the chest strap battery is replaced if needed.

I'd like to start training, why doesn't the GPS watch show speed?
When acquiring the GPS signal BEFORE you start your workout or GPS Navigation, be sure that you are standing in one place and not on the move. Be sure that you are standing in an open space, with a clear view of the sky when you start the search for satellites. See section #### of the operating instructions for more information on acquiring a GPS signal.

What does the "GPS lost" display mean?
When "GPS lost" is displayed, it means that the GPS watch is not currently receiving the GPS signal or all the signals from the satellites were lost. See section ### of the operating instructions for more information.

Why is the display blank?
Why doesn't the display light work?
Be sure that the watch battery is charge. Charge the battery if needed. The display may have inadvertently been turned off Press the LAP/Reset button for over 5 seconds to turn it back on. If the display still does not appear, contact Runtastic customer service.

Why is the screen black and why aren't the displays readable?
When the watch display is exposed to direct sun or high temperatures the watch may become over-heated and the display may be hard to read. Allow the GPS-watch to cool down, and the display will become readable again.

The display on the screen reacts slowly, why?
Is the temperature below freezing (32° F) When the temperature rises again over 32°C, the display will become normal. The saved data will not be lost.

How long does the battery of the GPS watch last?
A full batter charge will last approximately 16 hours, when using the GPS, or approximately 1 year when used solely as a watch in time mode.

It doesn't show my current speed, why?
Check that you are receiving the GPS signal. See section 4 of the operating instructions.

Why does the GPS watch show a certain speed, if I do not walk/I am not on the move?
This depends on the accuracy of position determination and measurement intervals of the GPS respectively. See next question regarding, the accuracy of the GPS watch.

How accurate is the GPS watch?
The accuracy of the GPS depends on the reception from the satellites. Accuracy is based on the "CEP 50%" (Circular Error Probability) GPS Positioning Accuracy Measure. This means that when there is good reception from the satellites, 50% of all measurements will be in a circle with the indicated half-line of 3 m. It also means that half of the measurement points are outside this half-line. Further, however, 95% of all the measurement points are in a circle with double half-line. Almost all the points are inside a circle with a half-line of 6 m, in case of a good reception of the satellite.

Why won't the battery of the GPS watch charge?
If you are charging the watch by connecting it to a USB port on your computer, be sure that the USB port is a power carrier. Check the contact pins on the back of the watch. If these have become soiled with sweat deposits and skin scales, clean them with a sharp metallic object (e.g. tweezers) or a dab of alcohol on a cotton swab.

Why when riding the bike, a different speed in comparison to the computer without bike cable is shown?
Do not use the computer without bike cable and the GPS watch simultaneously. The signals of the sensor from the bike computer may disturb the GPS watch. Thus, false displays can be shown.

Can a cell phone and the GPS watch both be mounted on a bike's handlebars?
It is not recommended because radio disturbances (radio) may occur.

With which sports can you use the GPS watch?
The GPS watch works best with outdoor sports like jogging, cycling, hiking, skiing, water sports like sailing and boating, etc.

Can I use the GPS watch for measuring properties, houses, etc?
The sports computer of the GPS should only be used for casual activities/hobbies. Do not use the GPS watch when measurements demand professional accuracy.

Can I rely on the GPS watch instead of maps and a compass for climbing, trekking, mountain biking, cycling laps etc ?
While the GPS watch and compass do a good job of helping you navigate, it should not be used as your sole means of finding your way. Be sure you have a map and possibly a backup compass if you are in territory that is unfamiliar to you.

16 Warranty

We provide a 24-month warranty against manufacturers defects. . The warranty period begins on the date of purchase (till receipt, purchase voucher). If the product fails during the warranty period, you will receive a new or repaired product free of charge. The warranty does not include batteries, improper handling, dropping, shock, or other damage.

To make a claim:

a) Contact the retailer where the product was purchased or

b) Send an e-mail to: service@runtastic.com

PLEASE NOTE: PLEASE CONTACT CUSTOMER SERVICE FOR A RETURN AUTHORIZATION. WE CANNOT ACCEPT ANY UNANNOUNCED PACKAGES.

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